

## PERFORMANCE CLUB 244240-1

In a fun and lively atmosphere, club members will improve their singing, acting, dancing, improv, audition and presentation skills, with a rotating staff of mentors such as Steve Brodd, Chris Cherry, Samantha Fitschen, Jesse Folks, Chris Fominaya, and Melissa Sites.

**W 6:30pm-8:00pm/CC-10** **8 mtgs: 3/26 - 5/14**  
**Ages 12-15** **R: \$60, NR: \$65**

## TKA KARATE

Registration for this class will be held at the Springhill Lake Elementary School the first night of class. For more information please call 301-840-9262.

**M 6:00pm-8:30pm/SHLES**  
**10 mtgs: 4/21 - 6/30 (No Class 5/26)**  
**Ages 5-12** **R/NR: \$50**

## STRATEGY GAMES CLUB 287501-1

Exercise your brain playing a variety of strategy games. Come join in the fun!

**Tu 7:00pm-9:00pm/YC-Multi** **12 mtgs: 3/25 - 6/10**  
**Ages 10-Adult** **FREE**  
**Instructor: Karen Haseley**

## VOLLEYBALL 101 242201-1

NEW! An introduction to volleyball for beginner and intermediate levels. Class designed for teens that are not currently involved in an organized sport but are interested in becoming more active, learning a team sport and having fun! The class will cover the rules and fundamentals of volleyball and help develop skills needed to be successful in the sport.

**Sa 10:45am-12:15pm/CC-106** **11 mtgs: 3/29 - 6/7**  
**Ages 12-17** **R: \$30, NR: \$40**  
**Instructor: Chris Butcher**

# ADULT CLASSES

*R=Resident, NR=Non-resident*

## FITNESS CLASSES

### HEALTH & FITNESS

Flexibility, strength, and toning movements from many disciplines. Bring a mat.

**252202-1 Tu 7:00pm-7:55pm/CC-202**  
**11 mtgs: 3/25 - 6/3**  
**Ages 16-Adult** **R: \$44, NR: \$54**  
**252202-2 Th 7:00pm-7:55pm/CC-202**  
**11 mtgs: 3/27 - 6/5**  
**Ages 16-Adult** **R: \$44, NR: \$54**  
**Instructor: Amy Derin**

### FIT 'N' FUN AEROBICS

High/low impact aerobics, kickboxing, toning, and weights. Babysitting available only to dependents of registered participants. Child's information must be included on registration form. Fees for babysitting allow for two children per participant, each additional child will be charged a \$20 fee. **Online registration is not available for this class.**

**252203-1 M/W/F 9:30am-10:45am/CC-106**  
**31 mtgs: 3/24 - 6/6 (No Class 4/21, 5/26)**  
**Ages 16-Adult**  
**Without Babysitting** **R: \$80, NR: \$90**  
**With Babysitting** **R: \$96, NR: \$106**  
**Drop-In** **R: \$3, NR: \$4**  
**Instructor: Judy Cocchiaro**

### FIT 'N' FUN BABYSITTING

**M/W/F 9:30am-10:45am/CC-202**  
**31 mtgs: 3/24 - 6/6 (No Class 4/21, 5/26)**  
**252203-2 Ages 6 months-1** **252203-3 Ages 2-6**

## TKA KARATE

Registration for this class will be held at the Springhill Lake Elementary School the first night of class. For more information please call 301-840-9262.

**M 7:00pm-8:30pm/SHLES**  
**10 mtgs: 4/21 - 6/30 (No Class 5/26)**  
**Ages 13-Adult** **R/NR: \$60**

### VISHWAYATAN YOGA

Exercise the entire body. DON'T eat 2-3 hours before class. Bring a mat.

**252204-1 Tu 6:05pm-6:55pm/CC-202**  
**11 mtgs: 3/25 - 6/3**  
**Ages 16-Adult** **R: \$72, NR: \$82**  
**252204-2 Sa 10:00am-11:00am/CC-202**  
**11 mtgs: 3/29 - 6/7**  
**Ages 16-Adult** **R: \$72, NR: \$82**  
**Instructor: Manju Shukla**

### PILATES MAT CLASS LEVEL I 252205-3

Strengthen and stretch every muscle in your body while decompressing your spine and improving your posture. Bring a mat and a 10-pound sandbag or rice bag as a leg weight.

**Sa 11:30am-12:15pm/CC-202** **11 mtgs: 3/29 - 6/7**  
**Ages 16-Adult** **R: \$65, NR: \$75**  
**Instructor: Emily Barnes**

### PILATES MAT CLASS LEVEL I 252205-2

Basic exercises for strengthening core muscles and improving posture, balance and flexibility. Bring a mat and a 10-pound sandbag or rice bag as a leg weight.

**W 8:00pm-9:00pm/CC-202** **11 mtgs: 3/26 - 6/4**  
**Ages 16-Adult** **R: \$75, NR: \$85**  
**Instructor: Catherine Turner**

### PILATES MAT CLASS LEVEL II 252205-1

Prerequisite: Pilates Mat Class I or equivalent class (not video) experience and core strength. Class includes basic intermediate exercises for greater flexibility and core strength. Class will move at a faster pace, focusing on flow. Bring a mat and a 10-pound sandbag or rice bag as a leg weight.

**W 6:30pm-7:30pm/CC-202** **11 mtgs: 3/26 - 6/4**  
**Ages 16-Adult** **R: \$75, NR: \$85**  
**Instructor: Catherine Turner**

**TAI CHI ALL LEVELS 252206-1**

**Sa 9:00am-10:00am/CC-106** 11 mtgs: 3/29 - 6/7  
**Ages 16-Adult** R: \$70, NR: \$80  
**Instructor: Thomas Johnson**

**NEIJIA TRAINING 252206-2**

Advanced Tai Chi training which includes Bagua, Xing-I, and Taiji. Contact instructor with any questions at 301-379-4370 or email at [taijivisionquest@comcast.net](mailto:taijivisionquest@comcast.net).

**Sa 1:00pm-2:00pm/CC-106** 11 mtgs: 3/29 - 6/7  
**Ages 16-Adult** R: \$70, NR: \$80  
**Instructor: Thomas Johnson**

**TAI CHI LEVELS I/II 252207-1**

Developed by Cheng Man-Ch'ing, learn 37 different postures in this beginner and intermediate class by using the Yang-Simplified form.

**W 6:30pm-7:30pm/YC-Multi** 13 mtgs: 3/19 - 6/11  
**Ages 16-Adult** R: \$76, NR: \$86  
**Instructor: Linda Uphoff**

**TAI CHI LEVEL III 252208-1**

Develop a greater understanding of form and self-cultivation by using an in depth form correction and two person interplay. Students must have completed the Yang Simplified Form: 37 Postures. Instructor approval needed prior to class, unless continuing from winter session. Please call 301-345-5386 if you have any questions.

**W 7:30pm-8:30pm/YC-Multi** 13 mtgs: 3/19 - 6/11  
**Ages 16-Adult** R: \$76, NR: \$86  
**Instructor: Linda Uphoff**

**JAZZERCISE**

Ongoing class; register any class night. Drop-ins are welcome. Warm-up aerobics, toning, strengthening and cool down. For more information: [www.bev4jazz.com](http://www.bev4jazz.com) or 301-776-5405.

**M/W 7:00pm-8:00pm/CC-106**  
**Sat 8:00am-9:00am YC-Gym**  
**4 weeks: \$35, 8 weeks: \$95, drop-in: \$10**

**JACKI SORENSON AEROBICS**

Register with class instructor. For more info: 301-439-3866.

**Tu/Th 6:00pm-7:00pm & Sat 9:00am-10:00am**  
**SHLRC-Gym** Drop-In: \$3.50 per class  
**Instructor: Janet Anderson**

**STRATEGY GAMES CLUB 287501-1**

Exercise your brain playing a variety of strategy games. Come join in the fun!

**Tu 7:00pm-9:00pm/YC-Multi** 12 mtgs: 3/25 - 6/10  
**Ages 10-Adult** FREE  
**Instructor: Karen Haseley**

**VISUAL ARTS CLASSES****QUILTING 153229**

Create a beautiful sampler wall-hanging/table topper while gaining the knowledge and confidence to make almost any quilt! Learn the basics of machine piecing, quilting and binding. Focus on beginners, but all skill levels welcome. Bring sewing machine if you have one. Some machines available for general use. Call 240-542-2060 to inquire and for materials purchase list. Includes Open Studio.

**Tu 7:00pm-9:00pm/CC-116** 8 mtgs: 4/1 - 5/19  
**Ages 14-Adult** R: \$70, NR: \$80  
**Instructor: Dannielle Beitzell**

**STAINED GLASS: BEGINNER AND INTERMEDIATE 253215-1**

Learn the ancient art of stained glass! This class will provide beginners with the basic skills required for assembling stained glass panels using the copper foil method. Students with some basic background in the craft will be challenged to stretch their skills to new levels. Class includes Open Studio, tool use, starter glass and other materials. Additional glass purchases required.

**Sa 3:00pm-6:00pm/CC-116** 4 mtgs: 4/5 - 4/26  
**Ages 16-Adult** R: \$70, NR: \$80  
**Instructor: Richard McMullin**

**GLASS MOSAICS: GARDEN STEPPING STONE 253207-1**

Create a beautiful stepping stone for your garden in the traditional mosaic style. All skill levels welcome. Fee includes materials for one project.

**Su 5/18, 1:00pm-5:00pm**  
**Ages 13-Adult** R: \$35, NR: \$45  
**Instructor: Richard McMullin**

**ADVANCED MOSAIC WORKSHOP WITH ISRAELI ARTIST ILANA SHAFIR 253268-1**

Use a variety of natural and artist made elements to create a vibrant, spontaneous composition.

**Fri March 28 7:30pm.** Reception and Artist's presentation. Free and open to the public.

**Workshop:**

**Sa March 29: 9:15am-12:00pm and 4:00pm-8:00pm**  
**Su March 30: 9:15am-12:00pm and 4:00pm-6:00pm**  
 Special registration procedure: Contact Nicole DeWald for details: [ndewald@greenbeltmd.gov](mailto:ndewald@greenbeltmd.gov) or 240-542-2057.  
**Ages 16-Adult** CC-116 R/NR: \$400

**FUSED GLASS JEWELRY 253219-1**

Design and complete 5 original pieces of jewelry (pins, pendants, earrings and more) using a variety of techniques and applications: Italian glass millefiori, silver and copper foil, glass rods. Course fee includes \$60 worth of materials. Requires return trip same evening, or alternate date by arrangement, to pick up finished work. Visit the artist's website: [www.profusionsofglass.com](http://www.profusionsofglass.com).

**Sa 4/19; 10:00am-1:00pm** R: \$85, NR: \$95  
**Ages 14-Adult** Instructor: Tina Van Pelt

**GLASS OPEN STUDIO 253215-2**

Independent use of the studio for individuals with prior glass experience. May access studio, tools, and grinders anytime when room is not reserved for another use. For inspiration, join other glass artists Saturdays noon-3pm. Instruction and project materials are not included. Registered applicants must attend the orientation and certification test on Saturday, March 29 at noon unless certified within the past 6 months.

**M-Sa 9:00am-9:45pm, Su 9:00am-6:45pm/CC-116**  
**10 weeks: 3/29 - 4/7**  
**Ages 16-Adult** R: \$30, NR: \$40

**SCHOLARSHIP ASSISTANCE** is available to Greenbelt residents for visual arts, performing arts, and senior programs. Applications are available at the main office of the Greenbelt Community Center. Call 301-397-2208 for more information.

**VISUAL ARTS OPEN STUDIO 253216-1**

Independent use of the studio whenever classes are not in session for individual projects in painting, drawing, and other fine arts. Participants may use the studio's easels, drymount press and mat cutter. All participants must attend a mandatory orientation meeting on Monday, March 24 at 8:15pm.

**M-Sa 9:00am-9:45pm, Su 9:00am-6:45pm/CC-116**

**11 weeks: 3/24 - 6/10**

**Ages 16-Adult**

**R: \$30, NR: \$40**

**DRAWING FROM LIFE 253214-1**

Gain inspiration from fellow artists as you draw or paint independently from a live model. Students bring their own drawing or painting materials. Easels provided. All skill levels welcome. Includes enrollment in Visual Arts Open Studio.

**Th 7:00pm-9:00pm/CC-116 6 mtgs: 4/10 - 5/22**

**Ages 16-Adult**

**R: \$60, NR: \$70**

**WATERCOLOR EXPLORATIONS 253210-1**

Even beginners can create beautiful paintings with this two pronged approach. First, a loose, impressionistic layering of color. Second, a precise rendering of form through transfers of photographs or drawings. Both processes yield stunning results! Starter materials provided. Includes enrollment in Visual Arts Open Studio.

**W 7:00pm-9:00pm/CC-116 6 mtgs: 4/2 - 5/7**

**Ages 16-Adult**

**R: \$65, NR: \$75**

**Instructor: Barbara Stevens**

**MAT CUTTING AND ART MOUNTING WORKSHOP 253240-1**

Preserve and beautify your artwork! Learn to mount and mat photographs, paintings, drawings, and prints using the Community Center's mat cutter and dry mount press. Covers proper measurement and cutting of mat board, hinge mounting, and drymounting. Fee includes all materials plus \$10 discount on Visual Arts Open Studio. Bring one piece of art (up to 11" x 14").

**Sun May 18; 12:30pm-5:30pm/CC-116**

**R: \$45, NR: \$55**

**Ages 16-Adult**

**Instructor: David Ashman**

**BASIC B&W FILM PHOTOGRAPHY 253230-1**

This course will teach all the basics: from how a camera works, to composing and shooting pictures, to processing and printing your own black and white negatives. Most materials (chemistry, paper, and 5 rolls of film) included in fee. Students supply 35mm camera and pay for some processing.

**Tu 7:15pm-9:30pm/CC-116 6 mtgs: 5/13 - 6/17**

**Ages 14-Adult**

**R: \$120, NR: \$130**

**Instructor: David Ashman**

**THE FINE ART OF BLACK AND WHITE PRINTING 253233-1**

Take your darkroom skills to the next level! Learn about paper choices, burning, dodging, flashing, toning, contrast, and spotting. Prerequisites: completion of the basic B&W class or basic darkroom knowledge. Students provide negatives (35mm or 120). Enrollment in Darkroom Open Studio included once students pass certification test. Includes chemistry and paper. Other purchases may be required.

**Th 6:30pm-9:30 pm/CC 309**

**5 mtgs: 5/15 - 6/19 (no class 6/5)**

**Ages 16-Adult**

**R: \$120, NR: \$130**

**Instructor: David Ashman**

**INTERMEDIATE B&W PHOTOGRAPHY 253236-1**

The main focus of this class will be on capturing images in a group environment with print follow-up discussion during the next meeting time. Includes hands-on demonstrations of topics such as the zone system of exposure, color filters, and medium format film photography. Prerequisite: The fine Art of Black and White Printing, or solid knowledge of film photography and darkroom printing. Students provide camera equipment and film.

**Every other Monday evening**

**(5/5, 5/19, 6/2, 6/16, 6/30)**

**7:15pm-9:30pm**

**Ages 16-Adult**

**R: \$100, NR: \$110**

**Instructor: David Ashman**

**PHOTO-SHOOTING WORKSHOP 153235-1**

Bring your film camera to Glen Echo Park. Learn field techniques and how to capture interior/exterior images. Prerequisite: Basic B&W class or knowledge of camera exposure. Students provide film and film camera of their choice and transportation to and from the park. (Instructor will contact you with details).

**Ages 14-Adult**

**R: \$35, NR: \$45**

**Photo-shooting Workshop at Glen Echo**

**Sa 4/12 (rain date: 4/19)**

**10:00am-3:00pm**

**Follow-up session at Community Center**

**Sa 4/26 1:30pm-3:30pm**

**Instructor: David Ashman**

**DARKROOM OPEN STUDIO 253231-1**

Independent access for experienced darkroom users whenever classes are not in session. Registered applicants must attend the orientation and certification test on Monday, March 24 at 7:00pm unless they have been certified previously. Refunds will be issued to any applicants not qualifying for this program. Basic chemistry provided.

**M-Sa 9:00am-9:45pm, Su 9:00am-6:45pm**

**CC-309**

**11 weeks: 3/24 - 6/10**

**Ages 16-Adult**

**R: \$50, NR: \$60**

**INTRO TO WHEEL 253257-1**

Participants learn to use clay, basic skills on the potter's wheel, and how to decorate and glaze their work. Open Studio included. Clay purchased separately.

**253257-1 T 7:00pm-9:30pm/CC-305 Ages 16-Adult**

**10 mtgs: 4/1 - 6/3**

**R: \$125, NR: \$135**

**253257-2 W 7:00pm-9:30pm**

**Ages 16-Adult**

**10 mtgs: 4/2 - 6/4**

**R: \$125, NR: \$135**

**Instructor: Gina Mai Denn**

**CERAMIC ART WITHOUT A WHEEL 253256-1**

Explore the artistic and utilitarian possibilities of hand-building while learning construction and glazing techniques. Includes Open Studio. Clay purchased separately.

**M 7:00pm-9:30pm/CC-304**

**7 mtgs: 3/31 - 5/12**

**Ages 16-Adult**

**R: \$85, NR: \$95**

**Instructor: Sandra Dwiggins**



**INTERMEDIATE WHEEL 253258-1**

Group instruction combined with individualized support for students who already possess basic wheel throwing skills. Brush up on basic techniques provided. Clay purchased separately. Includes Open Studio.

**Th 7:00pm-9:30pm/CC-305 10 mtgs: 4/3 - 6/5**

**Ages 16-Adult R: \$125, NR: \$135**

**Instructor: Mea Rhee**

**TILE MAKING 253259-1**

Learn techniques involved in making ceramic tiles. Students will learn how to roll out clay slabs, how to cut and create tiles using stamping, scraffito, carving, bas relief, and tube lining techniques for mounting and grouting small tile projects.

**Tu 7:00pm-9:00pm/CC-304 10 mtgs: 4/1 - 6/3**

**Ages 16-Adult R: \$100, NR: \$110**

**Instructor: Mary Gawlik**

**ADVANCED TILE MAKING 253253-1**

Experienced tile makers will further their skills by working together and sharing ideas and techniques. Participants must have previous experience with tile making. Open Studio included. Clay to be purchased separately.

**Th 7:00pm-9:00pm/CC-304 10 mtgs: 4/3 - 6/5**

**Ages 16-Adult R: \$70, NR: \$80**

**HANDBUILDING IN THE MORNING 253240-1**

Students will explore various hand-building techniques for designing functional and decorative pieces. Open Studio included. Clay purchased separately. This course is designed for those who rely on sign language communication.

**Instruction will be in American Sign Language.**

**W 10:30am-12:30pm 6 mtgs: 4/2 - 5/7**

**Ages 16-Adult R: \$70, NR: \$80**

**Instructor: Loraine di Pietro**

**DAYTIME POTTERY FOR 11 - ADULT 243252-1**

A course in hand-building and use of the potter's wheel for all skill levels. Includes Open Studio for participants ages 16+. Clay purchase required for ages 16+. Note: this course runs concurrent with Homeschool Afternoon Clay.

**Tu 2:00pm-4:00pm/CC-305 8 mtgs: 4/15 - 6/3**

**Ages 11-Adult R: \$80, NR: \$90**

**Instructor: Gina Mai Denn**

**CERAMIC OPEN STUDIO 253261-1**

For current and former students of the Greenbelt Community Center ceramic programs. Independent access whenever the studios are not reserved. Orientation meeting required for all participants who have not attended a program here within the past 6 months: Monday, March 24 at 7:30pm, room 304. Clay to be purchased separately.

**M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-304, 305**

**11 weeks 3/24 - 6/10 R: \$65, NR: \$75**

**Ages 16-Adult**

**RAKU WORKSHOP 253267-1**

Try your hand at Raku, a centuries-old Japanese method of fast-firing ceramic art outdoors. Join fellow artists and students in this fun, day-long workshop. Bring up to five bisqued pieces to the Friday evening glazing session - May 2nd, 7:00-9:00pm, Community Center room 305. Firing will take place outside of the Greenbelt Aquatic and Fitness Center. Pot-luck lunch on Sunday. In case of rain, glazing will take place as scheduled; Firing will take place on 5/11.

**F 5/2 7:00pm-9:00pm/CC 305 and**

**Su 5/4 10:00am-4:00pm**

**Ages 16-Adult**

**R: \$60, NR: \$70**

**Instructor: Gary Irby**

**PERFORMING ARTS CLASSES****GREEK FOLK DANCING 254201-1**

Have fun and keep fit learning traditional Greek Folk Dances. No partner required.

**Su 4:30pm-6:30pm/CC-10**

**6 mtgs: 3/30 - 5/4**

**Ages 16-Adult**

**R/NR: \$25**

**Instructor: Chris Tennant**

**MAD HOT BALLROOM DANCING**

Frank Solomon teaches the hottest ballroom and club dances and dance etiquette in a fun and supportive environment designed for both teens and adults. No partners required. For help choosing a course or for more information, ask Frank at [f50solomon@yahoo.com](mailto:f50solomon@yahoo.com) or call (301) 441-8913.

**254203-1 INTERMEDIATE SAMBA/HUSTLE**

**Ages 16-Adult**

**R: \$55, NR: \$65**

**M 7:30pm-8:30pm/CC-10**

**10 mtgs: 3/24 - 6/2 (No Class 5/26)**

**254203-2 BEGINNING ARGENTINE TANGO/ RUMBA**

**Ages 16-Adult**

**R: \$55, NR: \$65**

**M 8:30pm-9:30pm/CC-10**

**10 mtgs: 3/24 - 6/2 (No Class 5/26)**

**Instructor: Frank Solomon**

**GODDESS DANCE 264220-1**

Exercise your mind, body and spirit! We use fun props like fans and scarves. We do feel-good, challenging moves from Belly Dance, Ballet, Latin, African and Jazz dances. No dance experience needed but be prepared to move for an hour with a few small breaks. Please wear clothes easy to move in and bare feet.

**Sa 9:00am-10:00am/CC-10**

**7 mtgs: 3/29 - 5/10**

**Ages 18-Adult**

**R: \$70, NR: \$80**

**Instructor: Samantha Fitschen**

**Red Cross Blood Drives**

"Donate Blood and Save a Life" Co-sponsored by the Red Cross and the Greenbelt Recreation Department.

**Friday, April 25, 2008 from 12:30pm-6:00pm  
Greenbelt Community Center**

**Tuesday, June 24, 2008 from 2:00pm-8:00pm  
Greenbelt Municipal Building**

If you would like to make an appointment, please call Janet Goldberg at 301-397-2212.